

The Canadian  
**ROCKIES**  
AND THE  
**GLACIERS**  
OF THE SELKIRKS



Reached by  
**CANADIAN PACIFIC RY.**

# Banff the Beautiful

Of all the lovely spots that gem the continent, Banff, in the heart of the Rocky Mountains, stands alone without a rival. It is charmingly situated in the Canadian National Park, a large reservation chosen by the Dominion government for its beauty and sublimity and healthfulness as the great breathing place of the nation. Few places have found such speedy recognition of their attractive novelties, and none have better deserved the encomiums of enthusiastic tourists. Banff is *sui generis*, but in its kind cannot be excelled. Its surroundings are the mountain steeps, beside whose immense jagged heights the crags and peaks of the Alps sink into insignificance. It is not a question of one mountain or of two, but more than can be counted, for they stretch far away as the eye can follow them and roll one upon the other in chaotic disorder. The very acme of sublimity and grandeur is reached, and in its natural beauty Banff finds no counterpart in other lands. In the center of this magnificent panorama are the Banff hot springs—some natural wells of mineral water having peculiar medicinal qualities—and here the Canadian Pacific Railway Company, whose transcontinental line traverses the park, has erected a large and luxuriously appointed hotel, perched on a lofty promontory, commanding not only an uninterrupted view of the Bow Valley, but of peaks and stretches of the Rockies in other directions. In the surrounding country, for many miles, science has availed itself of nature's gifts to create, out of the wilderness, a mountain park, twenty-six miles long by ten wide—a public pleasure ground without an equal. Streams have been bridged, roads laid out, and trails cut, penetrating for miles into the solitudes, so that in several directions the visitors may drive, ride, wheel, or wander afoot, inhaling the health-giving mountain air, or seeking the most favorable spots for brush, pencil, kodak, rod or gun. There is fairly good trout fishing in the bright and rapid Bow in the valley beneath the hotel, and good trolling on Devil's Lake, a pleasant drive of nine miles from the hotel. Steam launches, beside boats and canoes, have been placed on the Bow River for the use of visitors, enabling them to make excursions on the river and to Vermillion Lake. In the immediate

vicinity there are numerous lakes at which, in season, good duck shooting is obtainable, and, for the more adventurous, the mountain sheep (big horn) and mountain goat, at some distance, offer a temptation to which men who have gained other laurels in the sporting world are glad to yield. An excellent museum, containing innumerable specimens of the flora, fauna, etc., of the park, has been established by the Dominion government, and in its pleasant rooms the student of nature will find many objects of peculiar interest to him. Of this institution, Lord Lister, physician extraordinary to the Queen, and president of the British Scientific Association, writes, on September 8, 1897: "We have been much interested in the museum which has supplied us with valuable information regarding the birds and animals which we have observed in the districts of the Rocky Mountains." In a large enclosure near the railway station is a herd of a buffalo, which are amongst the last of the pitifully

few remaining bison that once roamed the great western plains in countless thousands.

#### THE MEDICINAL HOT SPRINGS.

Though Banff is chiefly a resort of tourists and pleasure seekers, its waters have properties that are commended strongly by medical men. Dr. Danter, president of the American Health Resort Association, says: "The springs are natural hot sulphur water, combining other chemical ingredients, and while the air is a restorer to the pulmonary diseased, the springs are particularly beneficial to rheumatic patients and to those afflicted in some other ways." Mr. McGill, assistant analyst of the Canadian government, who made a full analysis of the Banff water supplies in May, 1896, reports: "The water is very free from organic impurities and gives no albuminoid nitrogen. \* \* \* \* Each gallon contains dissolved sulphurated hydrogen to the amount of 0.3 grains (equivalent to 0.8 cubic inch).

"The dissolved solids are as follows:

Chlorine (in chlorides).....	0.42 grains.
Sulphuric Acid ( $\text{S O}_3$ ).....	38.50 "
Silica ( $\text{Si O}_2$ ).....	2.31 "
Lime ( $\text{Ca O}$ ).....	24.85 "
Magnesia ( $\text{MgO}$ ).....	4.87 "
Alkalies (as Soda, $\text{Na}_2\text{O}$ ).....	0.62 "
Lithium.....	A decided trace.

Analyst McGill reports that the quantity of lithium present is at least one hundred times as much in the Banff water as in some of the so-called lithia waters placed on the market. The temperature of this spring is 114.3 degrees Fahrenheit.

Patients are sent here to bathe in the hot sulphur baths; and these are none the less appreciated from the circumstance of their being an annex of a hotel which, though situated in the wildest part of the continent, is, in its appointments and luxurious accessories,



LOOKING OVER MIRROR LAKE AND LAKE LOUISE TOWARD BOW RIVER.



ILLEGILL-EWAET  
VALLEY AND  
HERMIT RANGE.

as if in the midst of eastern civilization. There are many hotels, indeed, in the leading cities of this continent which, pluming themselves upon being distinguished houses, are excelled by Banff in many things that make the reputation of a hotel.

#### AROUND ABOUT BANFF.

Nine miles from Banff is Lake Minnewanka, or the Devil's Lake, a drive to which, over an excellent road, affords a pleasant outing. There is a steam launch, and there are boats and canoes on the lake, and the fishing is particularly good. The natural cave and basin in which are sulphur springs; the Bow Falls at the confluence of two mountain streams in the valley beneath the hotel; the hot springs on Sulphur Mountain; the Loop, a beautiful drive around the Bow Valley; the Spray ride up the Spray Valley and through the virgin forest to the Spray Cañon at the foot of Goat Mountain; the Sun Dance Cañon, a remarkable cleft in the mountain; and the crest of Tunnel Mountain, reached by a spiral drive, are some

of the more noted points that attract the tourist who rests a while at Banff, but it is needless to say that those who like making little scenic discoveries for themselves, or fishermen who love to work in solitude without fear of companionship, can find numerous spots where they may indulge in unbroken reveries, and by a little exercise of fancy imagine themselves discoverers of the wilds before and around them, and monarchs of all they survey. Guests also find amusement in lawn tennis, billiards, bowling, etc., in addition to driving, fishing, boating, bathing and mountain climbing. In the hotel, a dark room has been furnished for the use of photographers who desire to

finish their pictures before returning home. Alpenstocks for mountain climbers can be purchased at Banff, Lake Louise and Glacier, at each of which places there are facilities for branding upon them the names of the different peaks in their neighborhood, thus converting the staffs into interesting souvenirs. Guides and the necessary outfit for parties exploring the mountains or shooting in the Selkirks and foothills of the northern Rockies are procurable at Banff. The hotel opens on May 15th and closes October 1st, and the rates are from \$3.50 to \$5.00 per day (with a reduction for those stopping a week or longer), a moderate charge for such a hotel in such a locality.

#### THE LAKES IN THE CLOUDS.

Not far from Banff are the Lakes in the Clouds. So near and yet so dissimilar are these two charming spots that, one having been seen, there is naturally a desire to visit the other. If Banff is beautiful, these lakes are enchanting. There is nothing like them on the face of the earth elsewhere than here in the Rockies,

where they lie like a string of jewels in the clefts. The trip from Banff is through one of the grandest parts of the whole mountain region—up the forested valley of the Bow, skirting the Vermillion Lakes and passing out of the National Park past Castle Mountain, a sheer precipice of 5,000 feet, with views of the Sawback range on the right and the Bow range on the left, and Lefroy lifting its whitened head above the surrounding heights. The station on the Canadian Pacific line for the Lakes in the Clouds is Laggan (thirty-four miles west of Banff—about an hour's ride), where choice can be made of driving, riding or walking up to Lake Louise (altitude, 5,645 feet), the first to be reached of the three sheets of water hidden high up above the valley.

#### LAKE LOUISE.

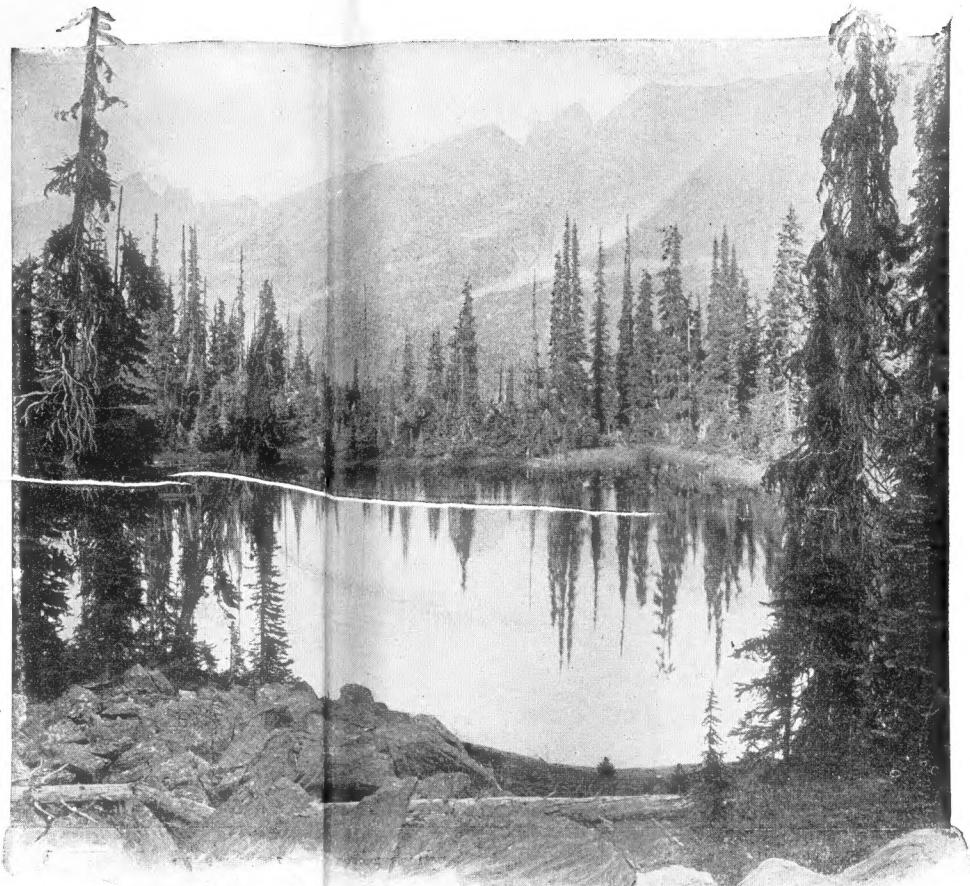
The drive is two and one-half miles through a pine forest, in which a good carriage road has been cut, following up Louise Creek, which carries off the waters of the Cloudland Lakes to the Bow. Although the most graphic word-painting does not adequately convey the effect of the approach to Lake Louise and its sudden burst on the sight of the traveller, for mental

pictures involve themselves with actual sights, it may be worth while quoting one writer:

"Nestling at the foot of two great mountains, which seem to guard against the encroachments of the vast glaciers resting on the sides of a third, canopied by a sky like the petal of a soft blush rose, its great depths reproducing, with mirror-like fidelity, the green forests, bare peaks and motionless seas of snow-mantled ice—Lake Louise is a dream of loveliness. The delicate colorings of its waters are an irresistible charm. The lake is about one and one-half miles in length with a width of half a mile, and it is between 500 and 600 feet deep. To the right is a vast amphitheater of spruce, whose tall heads rise up in a terraced evenness to the foot of the Beehive, and through whose intricacies are passes to the upper lakes. Between the two great mountains is Mount Victoria, a back-setting of gray and white—the ice fields, the one at the base being covered with the drift of centuries. These glaciers are of enormous thickness and of great area, and, with the coursing of the sun or the passing of clouds, present new shapes and fantastic forms, and, as the rays of Old Sol pour down, the stillness of the air is broken by the crunching and grinding of the ice beds. The



HERMIT RANGE, NEAR GLACIER HOUSE.

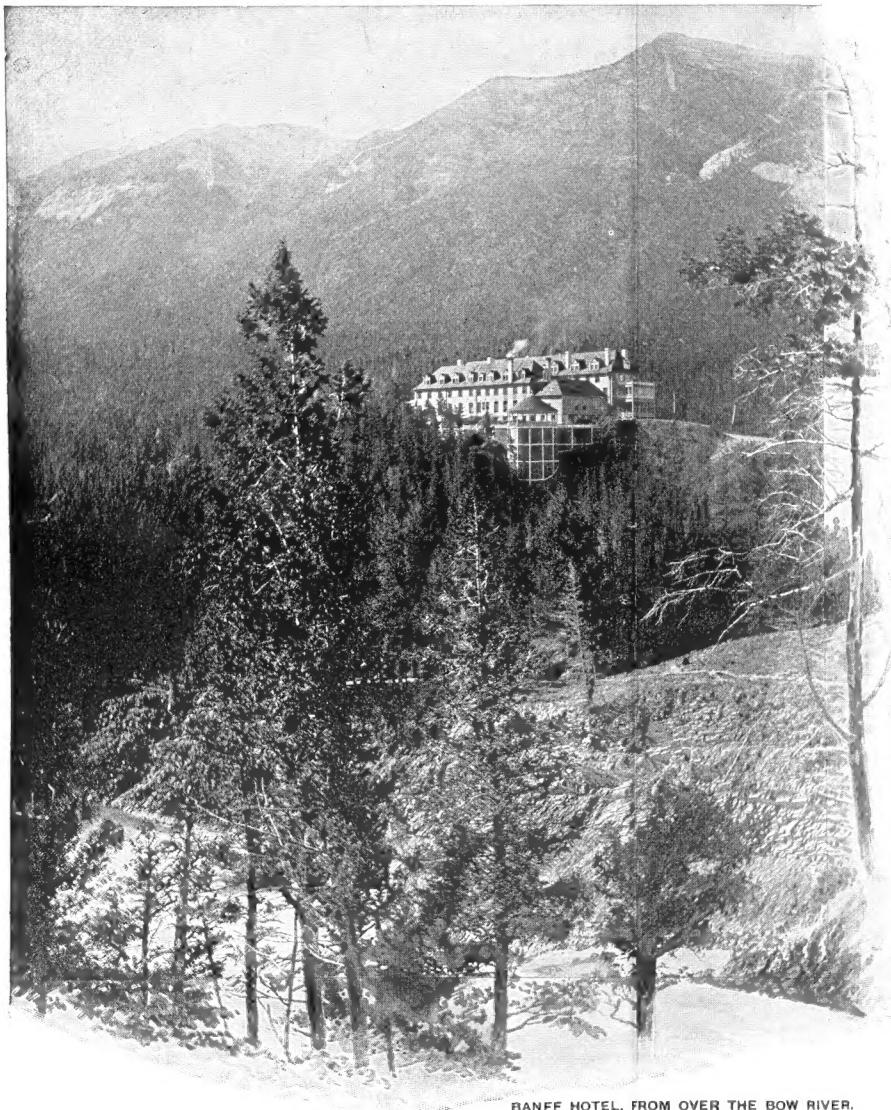


MARION LAKE, NEAR THE GREAT GLACIER.

base of Goat Mountain, on the left, is clad with spruce on one side, and beautiful fresh foliage embellishes another, which, in the fall of the year, is rich with the autumnal tints peculiar to American woods, while above there are huge precipices of bare rock, which come sheer down for thousands of feet. These walls are varicolored, resembling marble in places, whose tinted hues are in pleasing contrast with the dull dun and gray rock and the dark slate."

On the margin of the lake the railway company has built a chalet, which is under the same management as the Banff Springs Hotel, for those who desire to remain either to explore the mountains or to fish or hunt—the region abounding in mountain goat, which require all the skill and perseverance of the Swiss chamois hunter, and numerous coveys of ptarmigan

grōusē, duck, and other feathered game. Twelve miles of trails have been constructed which render many points of vantage easily accessible. One leads around the west side of the lake to the base of Victoria Glacier, three and one-quarter miles; another to Saddleback Mountain, overlooking Paradise Valley, and to Annette Lake in the valley itself, giving magnificent views of groups of rugged peaks and clusters of smaller glaciers; others lead to the upper lakes—Mirror and Agnes. Ponies are available for these ascents



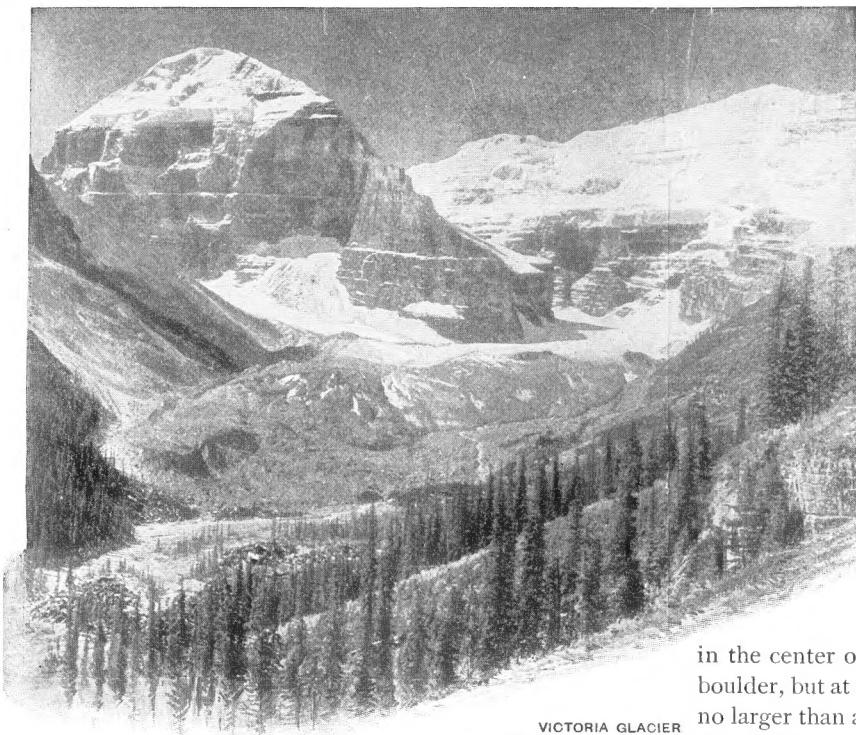
BANFF HOTEL, FROM OVER THE BOW RIVER.

by those not desiring the walk; but the delights of mountain climbing, which are here lavishly offered, prompt many to indulge in that pleasurable experience, which, except to the feeble, is unattended with difficulty. The charge for ponies is \$1 per day, and experienced guides may also be secured at the chalet for \$2 per day. The chalet is open from about June 15th to September 15th. Conveyances meet all trains at Laggan, and, by pre-arrangement, the round trip, including the ascent to the upper lakes, can be made

from Banff in one day, single-fare tickets being issued on presentation of certificates from the managers of the Banff Springs Hotel or Sanitarium. In the chalet is a dark room for the use of photographers, and there is telephonic connection with the station at Laggan, by which communication with Banff is had.

#### MIRROR LAKE.

The ascent to Lakes Mirror (altitude 6,550 feet) and Agnes (altitude 6,820 feet), the one on the breast and the other on the shoulder of the mountain that confines Lake Louise on the southern side, is usually made on Indian ponies, but with sturdy climbing powers one can scramble up the steep ascent without any great waste of time or exertion. A trail, completed in 1897, which brings Mirror Lake within two miles of the chalet and Lake Agnes two and one-quarter miles, leads on to the summit of the Beehive; another branches off near Mirror to the Lesser Beehive and the base of St. Piron, from which its summit can be reached. Four hours are occupied from the chalet to the crest of St. Piron and return, and two hours



VICTORIA GLACIER  
AND HAZEL PEAK.

to Lake Agnes and return. Mirror Lake, which is one-third of a mile long by a quarter of a mile wide, has no visible outlet, its shallow waters escaping through an underground channel into Lake Louise. They rise and fall as the inflowing streams pour their floods more rapidly than they are carried off. Its still and clear surface, differing in color from that of Lake Louise and of Lake Agnes, reflects in a peculiarly effective way its encircling walls, and suggested the appropriate name of Mirror Lake. Anxious to reach the highest point, the visitor shortens his stay at the intermediate water, and, remounting his pony, or grasping his alpenstock, continues his ascent to Lake Agnes, there being two trails, one a ten minutes' easy climb and the other around the sloping side of the mountain, which, while not at all dangerous, is, at times, attended with all the pleasurable sensations of excitement.

#### LAKE AGNES.

Rare is the beauty of the crystal pool known as Lake Agnes, although its surroundings do not possess

that loveliness which characterizes its sister lakes. It is about a third of a mile in length, with half that breadth, and its great depths have not yet been ascertained. It is fed by several waterfalls, dropping from the heights above,

and from numerous springs and great banks of snow which line the mountains that enclose it. Near its outlet is a clump of trees, in whose shade is Table Rock, affording a splendid dining table for picnickers. Like a sentinel on the other side, stands grim Mount Whyte, and irregular peaks, running back, tell of the succession of violent eruptions in that awful day of the great upheaval, far back in the dim, misty ages of antiquity. To the south is a remarkable cleft in a rocky peak,

in the center of which is suspended in mid-air, a large boulder, but at such a height that it looks no larger than a cannon ball. The peaks rise up in terraces, reaching far above the timber line, and at the base are huge heaps of moraine. Further on is a vast amphitheater-shaped basin, in which lie the accumulations of the snows of ages past. Here, even in the warmest day, it is always cool and pleasant, and, by a few further steps (for you are nearing the verge of vegetation), the pastime of a snowballing match can be indulged in—not five minutes after revelling amongst the mosses, the forget-me-nots and the gentians, which, with the heather of pink and white, dot the mountain side. Beyond the snow basin again the spruce, mixed with the tamarack, which here first shows its head, clothes the hillside at this height; the wood anemone, the sweet little blue bells of the Scottish highlands, the fern, the Alpine edelweiss—the bridal flower of the Swiss mountaineer—and the

heather that reminds the sons and daughters of bonny Scotland of their native land, and other brilliant-hued flowers, add beauty to the scene. The shortest and not least pointed description of these lakes was given by the lady who called them "a necklace of gems on the bosom of the mountain."

The return to Laggan is of course made in comparatively short time, and the east-bound transcontinental train is either taken for Banff, to which the tourist returns charmed with his excursion, and thoroughly appreciative of the comfortable home that awaits him, or the west-bound express if one purposes exploring the other splendors of the mountains, which can be best done from Field, the Great Glacier of the Selkirks, Revelstoke, on the Columbia, and North Bend, on the Fraser.

#### THE C. P. R. MOUNTAIN HOTELS.

Within the mountain ranges between Banff and Vancouver the Canadian Pacific Railway Company has erected four chalet hotels, as they are called, at any of which a tourist will find such comfort as is not generally dreamed of in the mountains. These chalets,



LAKE LOUISE AND CHALET.



THE GLACIER HOUSE, GLACIER.

unlike that at Lake Louise, are hotels at which tourists may, and usually do, stop for some time.

The first of these is Mount Stephen house, at Field. In the background of the hotel is Mount Stephen, the highest point of the Rockies along the line (8,000 feet) which can be ascended from the rear, and artists, amateur and professional, find ample choice for the exercise of their brush. Six miles away, and reached by a good trail which crosses a picturesque natural bridge, is Lake Emerald, a scenic gem of rarest beauty. The loftiest mountains of the Rockies are grouped all about, many of them bearing glaciers of great size, and they tower on every hand as far as the eye can see. These steeps are the haunts of mountain sheep, bear and other large game. In Emerald Lake and tributary streams there are plenty of lake and mountain trout.

The rates at the chalet at Field, and at those at the Great Glacier, Revelstoke and North Bend, all of which are open throughout the year, are \$3.00 per day.

#### THE GLACIER HOUSE.

Within thirty minutes' walk of the Great Glacier of the Selkirks is the Glacier House, at a station eighty-six

miles beyond Mount Stephen. The popularity of this spot is such that the company has found it necessary to enlarge the original hotel as well as erect a large annex, and now a considerable number of guests can be accommodated. Paths have been cut through the woods from the hotel to the edge of the glacier, so that ladies and children may go up to its foot, and even upon the icy accumulation itself, without danger, and to the summit of "Glacier Crest," from which a glorious outlook is obtained of the Illecillewaet Glacier and the Asulkan ice fields, and the snows that feed them. Branching to the right, up Fish Creek Valley, is a trail leading to the Asulkan Glacier, a worthy rival of the Great Glacier. Crossing the Asulkan, a magnificent view is obtained of the ice-bound valley on the further side, with the three

commanding peaks—Fox, Donkin and Dawson—and the serpent-shaped Donkin and Geikie Glaciers. There is good goat and bear shooting in Fish Creek Valley. Opposite the hotel is a lofty chain of the Selkirk range, of which the chief peak, the highest of the Selkirks, is Sir Donald. On fine days the top of this peak, as of its neighbors, shows clear against the sky, but its great altitude involves its frequent eclipse by passing clouds. Its disappearance and reappearance, however, only add to the effect of the view that is obtained from the veranda of the hotel. This, too, is a hunter's base for mountain goat, black bear and smaller game.

Glacier-fed Marion Lake, another lake in the clouds, is on the shoulder of Mount Abbott, immediately in rear of the hotel. It can be reached in forty-five minutes by a good pathway.

Magnificent views of the Hermit range and Rogers' and Illecillewaet passes are obtained from the summit.

#### HOTEL REVELSTOKE.

At Revelstoke, the second crossing of the Columbia River, the new Hotel Revelstoke, which occupies a high bench immediately in rear of the railway station, is a delightful stopping place for those making the tour of the great West Kootenay mining region to the south, whose principal points are reached by the branch railways of the Canadian Pacific Railway, and its splendid fleet of steamers on the Columbia River, and the Arrow, Slocan and Kootenay Lakes. The site of the Hotel Revelstoke commands splendid views of the Columbia Valley, of massive Mount Begbie and the Selkirk and Gold ranges.

#### THE FRASER CAÑON HOUSE.

At North Bend, on the Fraser River, is the last of these hotels. It is called Fraser Cañon House, and is, in all respects, similar to the others. Here the incomparable wild flowers for which British Columbia is famed reach the highest perfection and grow in



CASCADE MOUNTAIN, FROM TUNNEL MOUNTAIN, BANFF.

wonderful profusion, making the spot one of unparalleled loveliness. It is in the neighborhood of some of the most remarkable and furious reaches of the Fraser River, which for over fifty miles rushes through narrow and picturesque cañons, before reaching the fertile country of its delta below Yale, and makes a convenient base from which these wonders can be explored. There is a pretty waterfall a short fifteen minutes' walk back of the hotel and at Scuzzie, four and one-half miles west, and Salmon River, eight miles east, there is capital trout fishing.

#### HOTEL VANCOUVER.

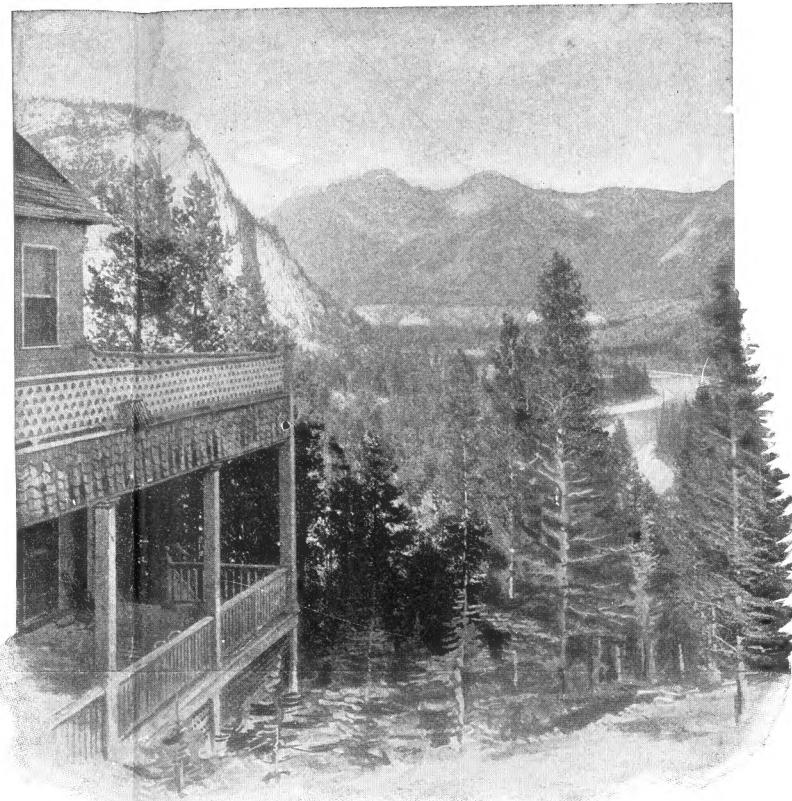
At Vancouver, at a short distance from the harbor and commanding a series of views of the bay and the surrounding country, is the Canadian Pacific Company's "Hotel Vancouver," the principal hotel of the city, and one unsurpassed in its appointments and general comfort by any on the Pacific Coast. It is at all times well patronized, summer and winter, but on the arrival and departure of the Japan and China or Australian steamers, is more than usually bright and busy. Almost adjoining it is the Opera House, one of the most charming theaters outside of New York, and this, with other attractions, has served to make the hotel so popular that it was found absolutely necessary to increase the size of the building. This series of hotels, with the Chateau Frontenac, on the famed Dufferin Terrace at Quebec, and the new Viger Square hotel and station at Montreal, enables the tourist to cross from the Atlantic to the Pacific through Canada, and to spend whatever leisure time he chooses in fishing, shooting or wandering amidst the magnificent scenery of the Rocky Mountains, with all the comfort that capital and enterprise have provided for the tourist by this route.

**For further particulars or information, apply to any agent of the Canadian Pacific Railway, or to**

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LOOKING OVER BOW VALLEY FROM BANFF HOTEL.

**THE ROUTE**—Banff and other resorts in the mountains, and the Pacific Coast, are reached from New York, Boston and other Atlantic Coast points by way of Montreal, and thence by the Canadian Pacific Railway, or by Niagara Falls, Hamilton and Toronto—an alternate route being offered during the season of navigation by the company's magnificent steamships through Lakes Huron and Superior from Owen Sound, on Georgian Bay, and connecting with the Canadian Pacific at Fort William, at the head of Lake Superior. From the middle-western states the route is by the Soo-Pacific Railway, from St. Paul and Minneapolis, connecting with the Canadian Pacific trains at Moose Jaw in the Canadian Northwest.

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# BANFF

## Hot Springs

L. O. ARMSTRONG,  
LAND, SPORTING AND MINES,  
Canadian Pacific Railway,  
MONTREAL.

